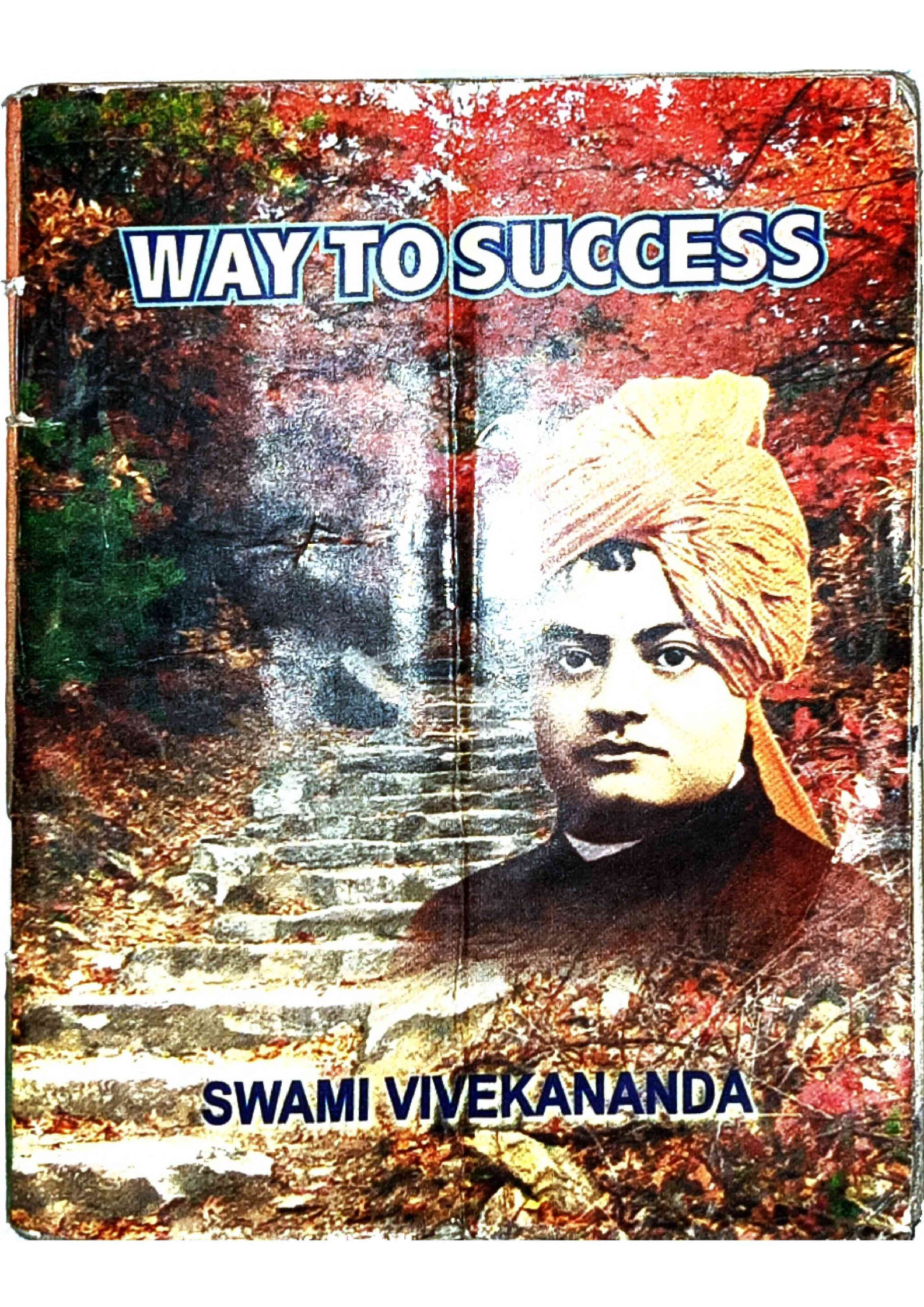


WAY TO SUCCESS

The image is a book cover for 'Way to Success' by Swami Vivekananda. It features a portrait of Swami Vivekananda on the right side, wearing a yellow turban and a dark shawl. The background is a composite image showing a path of stone steps leading up through a forest with vibrant autumn foliage in shades of red, orange, and yellow. The title 'WAY TO SUCCESS' is written in large, bold, white capital letters with a blue outline at the top. The author's name 'SWAMI VIVEKANANDA' is written in bold, dark blue capital letters at the bottom.

SWAMI VIVEKANANDA



यशाचा मार्ग

WAY TO SUCCESS

(A compilation of inspiring words of
Swami Vivekananda for students)

Success is a journey of
Swami Vivekananda
learning & implementation

— R. G.



SRI RAMAKRISHNA ASHRAMA
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प्रस्तावना
PREFACE

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This small booklet, 'Way to Success' is being published by us for distribution among youth students, teachers and all those who aspire for true success in life.

These thoughts and utterances, compiled from 'The Complete Works of Swami Vivekananda' (in 9 Volumes), have the power to act directly on the mind, life and spirit of anybody who reads them.

We are sure that the readers, especially young students, will be inspired by these powerful words and, aroused and energised by them, stand up and face the challenges of life in this highly competitive and stressful world of today.

We are sure that this booklet will not only be a very useful companion for the young students but will also inspire them to read the works of Swami Vivekananda for their all round development and success.

- Publisher

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POWER OF THOUGHT



1. Doing is very good, but that comes from thinking. Little manifestations of energy through the muscles are called work. But where there is no thought, there will be no work. Fill the brain, therefore, with high thoughts, highest ideals, place them day and night before you, and out of that will come great work.

2. Take up one idea. Make that one idea your life -- think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success.

3. If you have assimilated five ideas and

made them your life and character,
you have more education than any
man who has got by heart a whole library.

4. It is thought which is the propelling force in us. Fill the mind with the highest thoughts, hear them day after day, and think them month after month. Never mind failures; they are quite natural, they are the beauty of life, these failures. What would life be without them? It would not be worth having if it were not for struggles.

5. The only remedy for bad habits is counter habits; all the bad habits that have left their impressions are to be controlled by good habits. Go on doing good, thinking holy thoughts continuously; that is the only way to suppress base impressions.

6. Always remember that each word, thought, and deed, lays up a store for you and that as the bad thoughts and bad works are ready to spring upon you like tigers, so

also there is the inspiring hope that the good thoughts and good deeds are ready with the power of a hundred thousand angels to defend you always and for ever.

7. Let positive, strong, helpful thought enter into their (children's) brains from very childhood.

8. Evil thoughts, looked at materially, are the disease bacilli.

9. The body is made by the thought that lies behind it. The body politic is thus the expression of national thought.

10. If we make ourselves pure and the instruments of good thoughts, these will enter us. The good soul will not be receptive to evil thoughts. Evil thoughts find the best field in evil people; they are like microbes which germinate and increase only when they find a suitable soil.

11. Those who are always down-hearted and dispirited in this life can do no work.

PRAYER

Honesty

1. By prayer one's subtle powers are easily roused.

2. What good is it, if we acknowledge in our prayers that God is the Father of us all and in our daily lives do not treat every man as our brother?

3. Prayer and praise are the first means of growth.

4. The feeling of want is the real prayer, not the words. But you must have patience to wait and see if your prayers are answered.

5. Despondency is not religion, whatever else it may be. By being pleasant always and smiling, it takes you nearer to God, nearer than any prayer.

6. Mother is the first



PRAYER

manifestation of power... She is the sum total of the energy in the universe... Established in the idea of Mother, we can do anything. She quickly answers prayer.

7. When a man prays to God, 'Give me this, and give that,' it is not love. How can it be? I offer you a prayer and you give me something in return; that is what it is, mere shop-keeping.

8. Is prayer a magic formula, by repeating which, even if you do not work hard, you gain miraculous results? No. All have to work hard; all have to reach the depths of that infinite Energy. Behind the poor, behind the rich, there is the same infinite Energy. It is not that one man works hard, and another by repeating a few words achieves results. This universe is a constant prayer. If you take prayer in this sense, I am with you. Words are not necessary. Better is silent prayer.

CONCENTRATION

Interest

1. Concentration is the essence of all knowledge; nothing can be done without it.

Ninety per cent of thought force is wasted by the ordinary human being, and therefore he is constantly committing blunders; the trained man or mind never makes a mistake.



2. How are we to know that the mind has become concentrated? Because the idea of time will vanish. The more time passes unnoticed the more concentrated we are. In common life we see that when we are interested in a book we do not note the time at all; and when we leave the book, we are often surprised to find how many hours have passed.

3. It is only when the mind is very calm

CONCENTRATION

and collected that the whole of its energy is spent in doing good work. And if you read the lives of the great workers which the world has produced, you will find that they were wonderfully calm men.

4. Education is not filling the mind with a lot of facts. Perfecting the instrument and getting complete mastery of my own mind [is the ideal of education]. If I want to concentrate my mind upon a point, it goes there, and the moment I call, it is free. [again].

5. We who cannot for a moment govern our own minds, nay, cannot hold our minds on a subject, focus it on a point to the exclusion of everything else for a moment! Yet we call ourselves free. Think of it!

✓ 6. Raja-Yoga is the science which teaches us how to gain the power of concentration.

7. In making money, or in worshipping God, or in doing anything, the stronger the power of concentration, the better will that

thing be done.

8. The purer the mind, the easier it is to control. Purity of the mind must be insisted upon if you would control it.

9. The danger of concentrating the mind upon an object and then being unable to detach at will. This state causes great suffering. Almost all our suffering is caused by our not having the power of detachment.

10. Side by side, in the child, should be developed the power of concentration and detachment.

11. Regular breathing puts the body in a harmonious condition; and it is then easier to reach the mind.. simple breathing is all that is necessary in that line.. In this way we get control of the body, and then we begin to feel the finer working of the body, the finer and more interior, and so on till we reach the mind.. Thus the mind is brought under control.

MEDITATION

maturity *peace*

1. What is meditation? Meditation is the power which enables us to resist all this [slavery to nature]... [One] should be able to say to his mind, "You are mine; I order you, do not see or hear anything", and the mind will not see or hear anything -- no form or sound will react on the mind... Next, the mind must be made to quiet down. It is rushing about. Just as I sit down to meditate, all the vilest subjects in the world come up... Why should the mind think thoughts I do not want it to think? I am as it were a slave to the mind... Meditation is the power which enables us to resist all this.

2. How is it (meditation) to be attained? In a dozen different ways. Each temperament has its own way. But this is the general principle: get hold of the mind. The mind is like a lake, and every stone that

drops into it raises waves. These waves do not let us see what we are... Let it be calm. Do not let nature raise the wave. Keep quiet, and then after a little while she will give you up. Then we know what we are.

3. Meditation is the focusing of the mind on some object. If the mind acquires concentration on one object, it can be so concentrated on any object whatsoever... the practice of meditation even with some trifling external object leads to mental concentration. But it is true that the mind very easily attains calmness when one practices meditation with anything on which one's mind is most apt to settle down.

4. Imagination is the door to inspiration and the basis of all thought. All prophets, poets, and discoverers have had great imaginative power... The three great requisites are:

First. Purity, physical and mental; all

uncleanness, all that would draw the mind down, must be abandoned.

Second. Patience: ... the gain is sure if you have patience.

Third. Perseverance: Persevere through thick and thin, through health and sickness, never miss a day in practice... After bathing, sit down and hold the seat firm, that is, imagine that you sit as firm as a rock, that nothing can move you. Hold the head and shoulders and the hips in a straight line, keeping the spinal column free; all action is along it, and it must not be impaired... Then think of the whole as perfect, an instrument given to you by God to enable you to attain Truth... take a long breath through both nostrils, throw it out again, and then hold it out as long as you comfortably can. Take four such breaths, then breathe naturally and pray for illumination.

5. We have to seize this unstable mind

and drag it from its wanderings and fix it on one idea. Over and over again this must be done.

6. The easiest way to get hold of the mind is to sit quiet and let it drift where it will for a while. Hold fast to the idea, 'I am the witness watching my mind drifting. The mind is not I.' Then see it think as if it were a thing entirely apart from yourself.

7. Take some holy person, some great person whom you revere, some saint whom you know to be perfectly non-attached, and think of his heart; that heart has become non-attached, and meditate on that heart; it will calm the mind.

8. Think of a space in your heart, and in the midst of that space think that a flame is burning. Think of that flame as your own soul and inside the flame is another effulgent light, and that is the Soul of your soul, God. Meditate upon that in the heart.

STRENGTH AND FEARLESSNESS

Confidence

Courage



1. Infinite strength is religion and God. Avoid weakness and slavery.

2. If you think yourselves weak, weak you will be; if you think yourselves strong, strong you will be.

3. If there is sin, this is the only sin - to say that you are weak, or others are weak.

4. The older I grow; the more everything seems to me to lie in manliness. This is my new gospel.

5. My children.. only cowards and those who are weak commit sin and tell lies. The brave are always moral. Try to be moral, try to be brave, try to be sympathising.

6. Strength is life, weakness is death.

Strength is felicity, life eternal, immortal; weakness is constant strain and misery: weakness is death.

7. Iron nerves with an intelligent brain -- and the whole world is at your feet.

8. Be bold, face facts as facts. Do not be chased about the universe by evil.

9. Arise, awake, sleep no more; within each of you there is the power to remove all wants and all miseries.

10. Mystery mongering and superstition are always signs of weakness. These are always signs of degradation and of death. Therefore beware of them; be strong, and stand on your own feet.

11. This is the first lesson to learn: be determined not to curse anything outside, not to lay the blame upon any one outside, but be a man, stand up, lay the blame on yourself. You will find, that is always true.

12. Blame none for your own faults, stand

upon your own feet, and take the whole responsibility upon yourselves. Say, 'This misery that I am suffering is of my own doing, and that very thing proves that it will have to be undone by me alone.'

13. Be strong, my young friends; that is my advice to you. You will be nearer to Heaven through football than through the study of the Gita. These are bold words; but I have to say them, for I love you. I know where the shoe pinches. I have gained a little experience. You will understand the Gita better with your biceps, your muscles, a little stronger. You will understand the mighty genius and the mighty strength of Krishna better with a little of strong blood in you. You will understand the Upanishads better and the glory of the Atman when your body stands firm upon your feet, and you feel yourselves as men.

14. Be not afraid of anything. You will do

marvellous work. The moment you fear, you are nobody. It is fear that is the great cause of misery in the world. It is fear that is the greatest of all superstitions. It is fear that is the cause of our woes, and it is fearlessness that brings heaven even in a moment. Therefore, 'Arise, awake, and stop not till the goal is reached.'

15. Everything that can weaken us as a race we have had for the last thousand years.. Therefore, my friends, as one of your blood, as one that lives and dies with you, let me tell you that we want strength, strength, and every time strength. And the Upanishads are the great mine of strength. Therein lies strength enough to invigorate the whole world...They will call with trumpet voice upon the weak, the miserable, and the downtrodden of all races, all creeds, and all sects to stand on their feet and be free.

FAITH IN ONESELF

1. The ideal of faith in ourselves is of the greatest help to us. If faith in ourselves had been more extensively taught and practised, I am sure a very large portion of the evils and miseries that we have would have vanished.

2. What makes the difference between man and man is the difference in this Shraddha and nothing else. What makes one man great and another weak and low is this Shraddha.

3. Throughout the history of mankind, if any motive power has been more potent than another in the lives of all great men and women, it is that of faith in themselves. Born with the consciousness that they were to be great, they became great.

4. Let a man go down as low as possible; there must come a time when out of sheer

desperation he will take an upward curve and will learn to have faith in himself. But it is better for us that we should know it from the very first. Why should we have all these bitter experiences in order to gain faith in ourselves?

5. Have faith that you are all, my brave lads, born to do great things! Let not the barks of puppies frighten you - no, not even the thunderbolts of heaven - but stand up and work!

6. Fire and enthusiasm must be in our blood... Think not that you are poor, that you have no friends. Ay, who ever saw money make the man? It is man that always makes money. The whole world has been made by the energy of man, by the power of enthusiasm, by the power of faith.

7. To the man who has begun to hate himself the gate to degeneration has already opened; and the same is true of a nation.

8. Losing faith in one's self means losing faith in God. Do you believe in that infinite, good Providence working in and through you? If you believe that this Omnipresent One, the *Antaryamin*, is present in every atom, is through and through, *Ota - prota*, as the Sanskrit word goes, penetrating your body, mind and soul, how can you lose heart?

9. This faith in themselves was in the hearts of our ancestors, this faith in themselves was the motive power that pushed them forward and forward in the march of civilisation; and if there has been degeneration, if there has been defect, mark my words, you will find that degradation to have started on the day our people lost this faith in themselves.

10 Faith, faith, faith in ourselves, faith, faith in God -- this is the secret of greatness.

WILL POWER

1. Are great things ever done smoothly? Time, patience, and indomitable will must show.

2. To succeed, you must have tremendous perseverance, tremendous will. 'I will drink the ocean,' says the persevering soul, 'at my will mountains will crumble up.' Have that sort of energy, that sort of will, work hard, and you will reach the goal.

3. Do not for a moment quail. Everything will come all right. It is will that moves the world.

4. The sheer power of the 'will' will do everything.

5. Will is not strengthened by change. It is weakened and enslaved by it. But we must be always absorbing. Will grows stronger



WILL POWER

by absorption.

6. Love concentrates all the power of the will without effort.

7. The will is stronger than anything else. Everything must go down before the will, for that comes from God and God Himself; a pure and a strong will is omnipotent.

8. The centre which regulates the respiratory system, the breathing system has a sort of controlling action over the system of nerve currents...from rhythmical breathing comes a tendency of all the molecules in the body to move in the same direction. When mind changes into will, the nerve currents change into a motion similar to electricity ... This shows that when the will is transformed into the nerve currents, it is changed into something like electricity. When all the motions of the body have become perfectly rhythmical, the body has, as it were, become a gigantic battery of will.

FATE OR DESTINY

1. You make yourselves suffer, you make good and evil, and it is you who put your hands before your eyes and say it is dark. Take your hands away and see the light; you are effulgent, you are perfect already, from the very beginning.

2. Stand up, be bold, and be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny. All the strength and succour you want is within yourselves. Therefore, make your own future.

3. Help thyself out by thyself. None else can help thee, friend. For thou alone art thy greatest enemy, thou alone art thy greatest friend.

4. This is the first lesson to learn: be determined not to curse anything outside, not to lay the blame upon any one outside,

FATE OR DESTINY

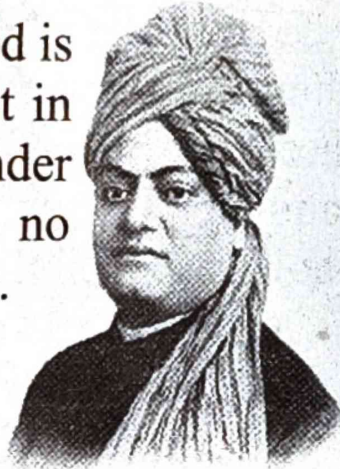
but be a man, stand up, lay the blame on yourself. You will find, that is always true.

5. This attempt to throw the blame upon others only weakens them the more. Therefore, blame none for your own faults, stand upon your own feet, and take the whole responsibility upon yourselves. Say, 'This misery that I am suffering is of my own doing, and that very thing proves that it will have to be undone by me alone.'

6. Stand up and fight! Not one step back, that is the idea... Fight it out, whatever comes. Let the stars move from the sphere! Let the whole world stand against us! Death means only a change of garment. What of it? Thus fight! You gain nothing by becoming cowards... Taking a step backward, you do not avoid any misfortune... Die game.. You are infinite, deathless, birthless. Because you are infinite spirit, it does not befit you to be a slave Arise! Awake! Stand up and fight!

CHARACTER

1. The road to the Good is the roughest and steepest in the universe. It is a wonder that so many succeed no wonder that so many fall. Character has to be established through a thousand stumbles.



2. Go on doing good, thinking holy thoughts continuously; that is the only way to suppress base impressions. Never say any man is hopeless, because he only represents a character, a bundle of habits, which can be checked by new and better ones. Character is repeated habits, and repeated habits alone can reform character.

3. The world will change if we change; if we are pure, the world will become pure.

4. If you take the character of any man

CHARACTER

...you will find that misery and happiness are equal factors in the formation of that character. Good and evil have an equal share in moulding character, and in some instances misery is a greater teacher than happiness.

5. Great occasions rouse even the lowest of human beings to some kind of greatness, but he alone is the really great man whose character is great always, the same wherever he be.

6. Religions of the world have become lifeless mockeries. What the world wants is character. The world is in need of those whose life is one burning love, selfless. That love will make every word tell like thunderbolt.

7. Wait, money does not pay, nor name; fame does not pay, nor learning. It is love that pays; it is character that cleaves its way through adamant walls of difficulties.

TRUE HAPPINESS



1. Happiness and misery are the obverse and reverse of the same coin; he who takes happiness, must take misery also. We all have this foolish idea that we can have happiness without misery, and it has taken such possession of us that we have no control over the senses.

2. Happiness presents itself before man, wearing the crown of sorrow on its head. He who welcomes it must also welcome sorrow.

3. So long as there is desire, no real happiness can come.

4. They will live the happiest life as soon as they have learnt and are ready to abide by the eternal lesson - that we are bound to bear

TRUE HAPPINESS

and forbear.

5. He who is alone is happy. Do good to all, like everyone, but do not love anyone. It is a bondage, and bondage brings only misery. Live alone in your mind - that is happiness.

6. The great secret of true success, of true happiness, then, is this: the man who asks for no return, the perfectly unselfish man, is the most successful.

7. The easiest way to make ourselves happy is to see that others are happy.

8. Machines never made mankind happy, and never will make... That man alone who is the lord of his own mind can become happy, and none else... What avails it if you have power over the whole of the world, if you have mastered every atom in the universe? That will not make you happy unless you have the power of happiness in yourself, until you have conquered yourself.

HEALTH

1. The dwelling-place of the *Jivatman*, this body, is a veritable means of work, and he who converts this into an infernal den is guilty, and he who neglects it is also to blame.



2. Physical weakness is the cause of at least one - third of our miseries.

3. Without regular exercise the body does not keep fit; talking, talking all the time brings illness -- know this for certain.

4. You must learn to make the physique very strong and teach the same to others... Walk in the morning and evenings and do physical labour. Body and mind must run parallel.

5. Impure water and impure food are the

HEALTH

cause of all maladies.

6. Anxiety is worse than the disease.

7. If you are strong and healthy, those that live near you will also have the tendency to become strong and healthy, but if you are sick and weak, those around you will have the tendency to become the same.

8. When the imagination is very powerful, the object becomes visualised. Therefore by it we can bring our bodies to any state of health or disease. Imagination must hold to the thought of health and strength in order that in case of illness the memory of the ideal of health may be roused.

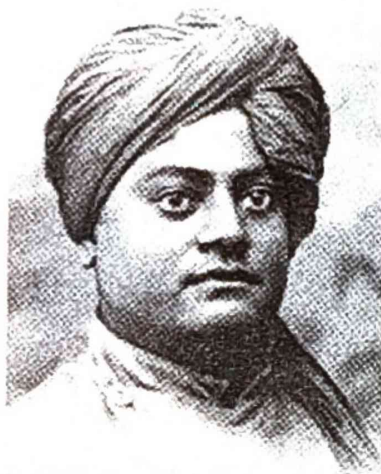
9. Let stars come, what harm is there? If a star disturbs my life, it would not be worth a cent. You will find that astrology and all these mystical things are generally signs of a weak mind; therefore as soon as they are becoming prominent in our minds, we should see a physician, take good food and rest.

FOOD

1. First you have to build the body by good nutritious food -- then only will the mind be strong. The mind is but the subtle part of the body.

2. A good deal of the misery we suffer is occasioned by the food we take. You find that after a heavy and indigestible meal it is very hard to control the mind; it is running, running all the time.

3. Concentrated food should be taken. To fill the stomach with a large quantity of rice is the root of laziness... Look at the Japanese, they take rice with the soup of split peas, twice or thrice a day. But even the strongly built take a little at a time, though



FOOD

the number of meals may be more.

5. Proper diet means simple diet, not highly spiced.

6. It is not good to take much fatty or oily substance. *Roti* is better than *Luchi (Puri)*.

7. If you are hungry, throw away all sweets and things fried in ghee into the ditch, and buy a pice worth of *Mamra* (popped rice)- that will be cheaper and more nutritious food. It is sufficient food to have rice, *Dal* (lentils), whole-wheat *Chapatis* (unfermented bread), vegetables, and milk.

8. In our country, he who has some means, feeds his children with all sorts of sweets and ghee-fried things, because, perchance, it is a shame - just think what the people will say!.. to let them have only rice and *Chapatis*! What can you expect children fed like that to be but disproportionate in figure, lazy, worthless idiots, with no backbone of their own?

DUTY

1. Our first duty is not to hate ourselves, because to advance we must have faith in ourselves first and then in God. He who has no faith in himself can never have faith in God.



2. Every man should take up his own ideal and endeavour to accomplish it. That is a surer way of progress than taking up other men's ideals, which he can never hope to accomplish.

3. By doing well the duty which is nearest to us, the duty which is in our hands now, we make ourselves stronger; and improving our strength in this manner step by step, we may even reach a state in which it shall be our privilege to do the most coveted and

honoured duties in life and in society.

4. Every duty is holy, and devotion to duty is the highest form of the worship of God.

5. When you are doing any work, do not think of anything beyond. Do it as worship, as the highest worship, and devote your whole life to it for the time being.

6. Even the lowest forms of work are not to be despised... If you wish to help a man, never think what that man's attitude should be towards you. If you want to do a great or a good work, do not trouble to think what the result will be.

7. Inactivity should be avoided by all means. Activity always means resistance. Resist all evils, mental and physical; and when you have succeeded in resisting, then will calmness come.

8. Doing work with cleverness and as a science; by knowing how to work, one can

obtain the greatest results.

9. He who always speculates as to what awaits him in future, accomplishes nothing whatsoever. What you have understood as true and good, just do that at once.

10. Whatever you do sincerely is good for you. Even the least thing well done brings marvellous results; therefore let everyone do what little he can.

11. Any action that makes us go Godward is a good action, and is our duty; any action that makes us go downward is evil, and is not our duty.

12. He who does the lower work is not therefore a lower man. No man is to be judged by the mere nature of his duties, but all should be judged by the manner and the spirit in which they perform them.

13. Each work has to pass through these stages-ridicule, opposition, and then acceptance. Each man who thinks ahead of

his time is sure to be misunderstood.

So opposition and persecution are welcome, only I have to be steady and pure and must have immense faith in God, and all these will vanish.

14. Do not try to be a ruler. He is the best ruler who can serve well. Be true unto death. The work we want - we do not seek wealth, name or fame ... Be brave... Be perfectly unselfish, and you will be sure to succeed.

15. Doing the duty of the time is the best way, and if it is done only as a duty, it does not make us attached.

16. We should never think that we can help on even the least thing in this universe. We cannot. We only help ourselves in this gymnasium of the world. This is the proper attitude of work.

17. Whenever you promise to do any work, you must do it exactly at the appointed time, or people lose their faith in you.

18. Put yourself to work, and you will find such tremendous power coming to you that you will find it hard to bear. Even the least work done for others awakens the power within.

19. It is the worker who is attached to results that grumbles about the nature of the duty which has fallen to his lot; to the unattached worker all duties are equally good.

20. One of the greatest lessons I have learnt in my life is to pay as much attention to the means of work as to its end... With the means all right, the end must come.

21. Do the best you can, do not wait to cross the river when the water has all run down... but actual work, my boys... is better than eternal scribbling and talking.

22. Our duty is to encourage every one in his struggle to live up to his own highest ideal, and strive at the same time to make the ideal as near as possible to the truth.

EDUCATION

1. 'As long as I live, so long do I learn.' But one point to note here is that when we take anything from others, we must mould it after our own way.

2. Our character has disappeared. Our English education has destroyed everything and left nothing in its place. Our children have lost their politeness. To talk nicely is degrading. To be reverential to one's elders is degrading. Irreverence has been the sign of liberty. It is high time that we go back to our old politeness.

3. Well, you consider a man as educated if only he can pass some examinations... The education which does not help the common mass of people to equip themselves for the struggle for life, which does not bring out strength of character, a spirit of philanthropy, and the courage of a lion - is it worth

the name? Real education is that which enables one to stand on one's own legs.

4. What is education? Is it book-learning? No. Is it diverse knowledge? Not even that. The training by which the current and expression of will are brought under control and become fruitful is called education.

5. It (education) may be described as a development of faculty, not an accumulation of words, or as a training of individuals to will rightly and efficiently.

6. If you can give them (children) positive ideas, people will grow up to be men and learn to stand on their own legs. In language and literature, in poetry and the arts, in everything we must point out not the mistakes that people are making in their thoughts and actions, but the way in which they will gradually be able to do these things better.



1. What is life but growth, i.e. expansion, love? Therefore all love is life, it is the only law of life; all selfishness is death, and this is true here or hereafter. It is life to do good, it is death not to do good to others.

2. Be not afraid, my children. Look not up in that attitude of fear towards that infinite starry vault as if it would crush you. Wait! In a few hours more, the whole of it will be under your feet. Wait, money does not pay, nor name; fame does not pay, nor learning. It is love that pays; it is character that cleaves its way through adamant walls of difficulties.

3. Those who are men and yet have no feeling in the heart for man, well, are such to be counted as men at all?

4. Duty is seldom sweet. It is only when love greases its wheels that it runs smoothly; it is a continuous friction otherwise. How else could parents do their duties to their children, husbands to their wives, and vice versa? Do we not meet with cases of friction every day in our lives? Duty is sweet only through love.

5. Love never fails, my son; today or tomorrow or ages after, truth will conquer. Love shall win the victory... Believe in the omnipotent power of love. Who cares for these tinsel puffs of name?... Have you love?-- you are omnipotent. Are you perfectly unselfish? If so, you are irresistible.

6. A cannon - ball flying through the air goes a long distance and falls. Another is cut

short in its flight by striking against a wall, and the impact generates intense heat. All outgoing energy following a selfish motive is frittered away; it will not cause power to return to you; but if restrained, it will result in development of power. This self - control will tend to produce a mighty will.

7. Selfishness is the chief sin, thinking of ourselves first. He who thinks, 'I will eat first, I will have more money than others, and I will possess everything'...is the selfish man. The unselfish man says, 'I will be last...if by doing so I can help my brothers.' This unselfishness is the test of religion. He who has more of this unselfishness is more spiritual.

8. The degree of unselfishness marks the degree of success everywhere.

9. Unselfishness is more paying, only people have not the patience to practise it. It is more paying from the point of view of

health also. Love, truth and unselfishness are not merely moral figures of speech, but they form our highest ideal, because in them lies such a manifestation of power.

10. Life is ever expanding, contraction is death. The self-seeking man who is looking after his personal comforts and leading a lazy life - there is no room for him even in hell.

11. He who sees Shiva in the poor, in the weak, and in the diseased, really worships Shiva; and if he sees Shiva only in the image, his worship is but preliminary. He who has served and helped one poor man seeing Shiva in him, without thinking of his caste, or creed, or race, or anything, with him Shiva is more pleased than with the man who sees Him only in temples.

12. Do you love your fellow men? Where should you go to seek for God - are not all the poor, the miserable, the weak, Gods? Why not worship them first?

SUCCESS

1. Go on bravely. Do not expect success in a day or a year. Always hold on to the highest. Be steady. Avoid jealousy and selfishness. Be obedient and eternally faithful to the cause of truth, humanity, and your country, and you will move the world.

2. Be not afraid. Think not how many times you fail. Never mind. Time is infinite. Go forward; assert yourself again and again, and light must come.

3. Every successful man must have behind him somewhere tremendous integrity, tremendous sincerity, and that is the cause of his signal success in life.

4. The success of your undertakings depends wholly upon your mutual love. There is no good in store so long as malice and jealousy and egotism will prevail... Know that talking ill of others in

private is a sin. You must wholly avoid it.

5. Keep on steadily. So far we have done wonderful things. Onward, brave souls, we will gain!

6. Infinite patience, infinite purity, and infinite perseverance are the secret of success in a good cause.

7. Take courage and work on. Patience and steady work - this is the only way. Go on; remember - patience and purity and courage and steady work... So long as you are pure, and true to your principles, you will never fail.

8. Every work has got to pass through hundreds of difficulties before succeeding. Those that persevere will see the light, sooner or later.

9. Obedience, readiness, and love for the cause - if you have these three, nothing can hold you back.

10. A great tree is to be taken refuge in,

when it has both fruits and shade. If, however, we do not get the fruit, who prevents our enjoyment of the shade? So ought great attempts to be made, is the moral.

11. No impatient one can ever succeed.

12. This world is not for cowards. Do not try to fly. Look not for success or failure. Join yourself to the perfectly unselfish will and work on. Know that the mind which is born to succeed joins itself to a determined will and perseveres.

13. Follow truth wherever it may lead you... Do not be cowardly and hypocritical. Perish in the struggle to be holy; a thousand times welcome death. Be not disheartened. When good nectar is unattainable, it is no reason why we should eat poison.

14. My idea and all my life with it - and to God for help; to none else! This is the only secret of success.

TRUE RELIGION

1. Religion is the manifestation of the Divinity already in man.

2. Try to be pure and unselfish - that is the whole of religion.

3. I do not believe in a God, or religion which cannot wipe the widow's tears or bring a piece of bread to the orphan's mouth.

4. Be moral. Be brave. Be a heart-whole man. Strictly moral, brave unto desperation. Don't bother your head with religious theories. Cowards only sin, brave men never, no, not even in mind. Try to love anybody and everybody. Be a man.

5. Love and charity for the whole human race, that is the test of true religiousness.

6. Are you unselfish? That is the question.



TRUE RELIGION

If you are, you will be perfect without reading a single religious book, without going into a single church or temple.

7. The best guide in life is strength. In religion, as in all other matters, discard everything that weakens you, have nothing to do with it.

8. Never quarrel about religion. All quarrels and disputation concerning religion simply show that spirituality is not present. Religious quarrels are always over the husks. When purity, when spirituality goes, leaving the soul dry, quarrels begin, and not before.

9. I look upon religion as the innermost core of education.. Mind, I do not mean my own, or any one else's opinion about religion. I think the teacher should take the pupil's starting-point in this, as in other respects, and enable him (her) to develop along his (her) own line of least resistance.

1. So long as the millions live in hunger and ignorance, I hold every man a traitor who, having been educated at their expense, pays not the least heed to them!

2. I tell my countrymen that so far they have done well - now is the time to do better.

3. Work, work, work... Truce to foolish talk; talk of the Lord. Life is too short to be spent in talking about frauds and cranks. You must always remember that every nation must save itself; so must every man; do not look to others for help.

4. Our whole country is steeped in *Tamas*, and nothing but that. We want *Rajas* first, and *Sattva* will come afterwards - a thing far,



far removed.

5. We would do nothing ourselves and would scoff at others who try to do something - this is the bane that has brought about our downfall as a nation. Want of sympathy and lack of energy are at the root of all misery, and you must therefore give these two up. Who but the Lord knows what potentialities there are in particular individuals - let all have opportunities, and leave the rest to the Lord.

6. What our country now wants are muscles of iron and nerves of steel, gigantic wills which nothing can resist, which can penetrate into the mysteries and the secrets of the universe, and will accomplish their purpose in any fashion even if it meant going down to the bottom of the ocean and meeting death face to face.

7. I believe in patriotism, and I also have my own ideal of patriotism. Three things are

necessary for great achievements. First, feel from the heart. What is in the intellect or reason? It goes a few steps and there it stops. But through the heart comes inspiration. Love opens the most impossible gates; love is the gate to all the secrets of the universe. Feel, therefore, my would-be reformers, my would-be patriots! Do you feel? Do you feel that millions and millions of the descendants of gods and of sages have become next-door neighbors to brutes? Do you feel that millions are starving today, and millions have been starving for ages? Do you feel that ignorance has come over the land as a dark cloud? Does it make you restless? Does it make you sleepless? Has it gone into your blood, coursing through your veins, becoming consonant with your heartbeats? Has it made you almost mad? Are you seized with that one idea of the misery of ruin, and have you forgotten all

about your name, your fame, your wives, your children, your property, even your own bodies? Have you done that? That is the first step to become a patriot, the very first step.

8. You may feel, then; but instead of spending your energies in frothy talk, have you found any way out, any practical solution, some help instead of condemnation, some sweet words to soothe their miseries, to bring them out of this living death?

9. My whole ambition in life is to set in motion a machinery which will bring noble ideas to the door of everybody, and then let men and women settle their own fate. Let them know what our forefathers as well as other nations have thought on the most momentous questions of life. Let them see specially what others are doing now, and then decide.

EDUCATING THE WOMEN AND THE MASSES

1. It is only in the homes of educated and pious mothers that great men are born... The uplift of the women, the awakening of the masses must come first, and then only can any real good come about for the country, for India.



2. I ask you all so earnestly to do likewise and open girls' schools in every village and try to uplift them. If the women are raised, then their children will by their noble actions glorify the name of the country - then will culture, knowledge, power, and devotion awaken in the land.

EDUCATING THE WOMEN AND THE MASSES

3. Women must be put in a position to solve their own problems in their own way. No one can or ought to do this for them. And our Indian women are as capable of doing it as any in the world.

4. Religion, arts, science, house-keeping, cooking, sewing, hygiene - the simple essential points in these subjects ought to be taught to our women. It is not good to let them touch novels and fiction... Ideal characters must always be presented before the view of the girls to imbue them with a devotion to lofty principles of selflessness. The noble examples of Sita, Savitri, Damayanti, Lilavati, Khana, and Mira should be brought home to their minds, and they should be inspired to mould their own lives in the light of these.

5. With such an education women will solve their own problems. They have all the time been trained in helplessness, servile

dependence on others, and so they are good only to weep their eyes out at the slightest approach of a mishap or danger. Along with other things they should acquire the spirit of valour and heroism. In the present day it has become necessary for them also to learn self-defence. See how grand was the Queen of Jhansi!

6. A nation is advanced in proportion as education and intelligence spread among the masses.

7. There is some chance if you can impart education to the masses. Is there a greater strength than that of Knowledge? Can you give them education? Name me the country where rich men ever helped anybody! In all countries it is the middle classes that do all great works.

8. Intelligence must not remain the monopoly of the cultured few; it will be disseminated from higher to lower classes.

Education is coming, and compulsory education will follow. The immense power of our people for work must be utilised.

9. The only service to be done for our lower classes is to give them education, to develop their lost individuality.. They are to be given ideas; their eyes are to be opened to what is going on in the world around them.. and.. they will do the rest.

10. Our poor people, these downtrodden masses of India, therefore, require to hear and to know what they really are. Ay, let every man and woman and child, without respect of caste or birth, weakness or strength, hear and learn that behind the strong and the weak, behind the high and the low, behind every one, there is that Infinite Soul, assuring the infinite possibility and the infinite capacity of all to become great and good. Let us proclaim to every soul: Arise, awake, and stop not till the goal is reached.

WORDS OF INSPIRATION

1. Get up, and put your shoulders to the wheel - how long is this life for? As you have come into this world, leave some mark behind. Otherwise, where is the difference between you and the trees and stones? They, too, come into existence, decay and die.

2. We have wept long enough. No more weeping, but stand on your feet and be men. It is a man-making religion that we want. It is man-making theories that we want. It is man-making education all round that we want.

3. This world is not for cowards. Do not try to fly. Look not for success or failure. Join yourself to the perfectly unselfish will and work on. Know that the mind which is born to succeed joins itself to a determined will and perseveres.

4. When there is conflict between the

WORDS OF INSPIRATION

heart and the brain, let the heart be followed.

5. Think not that you are poor; money is not power, but goodness, holiness.

6. Be brave, be brave! Man dies but once. My disciples must not be cowards.

7. The faculty of organisation is entirely absent in our nature, but this has to be infused. The great secret is - absence of jealousy. Be always ready to concede to the opinions of your brethren, and try always to conciliate. That is the whole secret.

8. This I lay down as the first essential in all I teach: anything that brings spiritual, mental, or physical weakness, touch it not with the toes of your feet. Religion is the manifestation of the natural strength that is in man.

9. What the world wants is character. The world is in need of those whose life is one burning love, selfless. That love will make every word tell like thunderbolt.

10. Bold words and bolder deeds are what we want. Awake, awake, great ones! The world is burning with misery. Can you sleep? Let us call and call till the sleeping gods awake, till the god within answers to the call. What more is in life?

11. Try to expand. Remember the only sign of life is motion and growth.

12. Give up the awful disease that is creeping into our national blood, that idea of ridiculing everything, that loss of seriousness. Give that up. Be strong and have this *Shraddha*, and everything else is bound to follow.

13. Arise, awake and stop not till the desired end is reached. Be not afraid, for all great power, throughout the history of humanity, has been with the people. From out of their ranks have come all the greatest geniuses of the world.

(All passages in this booklet are quoted from different volumes of 'The Complete Works of Swami Vivekananda'; the numerals before the point in the brackets refer to the volume numbers and those after the point refer to the page numbers in those volumes.)

THE POWER OF THOUGHT : 1 (2.86); 2 (1.177); 3 (3.302); 4 (2.152); 5 (1.208); 6 (2.225); 7 (2.87); 8 (7.20); 9 (5.198); 10 (6.134); 11 (7.136).

PRAYER : 1 (5.325); 2 (4.191); 3 (6.90); 4 (6.118); 5 (4.11); 6 (7.26-27); 7 (2.47); 8 (8.102).

CONCENTRATION : 1 (6.123-124); 2 (1.273); 3 (2.293); 4 (1.510); 5 (6.30); 6 (1.157); 7 (2.391); 8 (6.126); 9 (6.38); 10 (6.39); 11 (6.39-40).

MEDITATION : 1 (4.248); 2 (4.248); 3 (6.486); 4 (8.38-39); 5 (8.47); 6 (8.47); 7 (1.227); 8 (1.192-93).

STRENGTH AND FEARLESSNESS : 1 (7.13); 2 (3.130); 3 (2.308); 4 (8.264); 5 (5.3); 6 (2.3); 7 (6.460); 8 (6.149); 9 (6.454); 10 (3.279); 11 (2.8); 12 (2.225); 13 (3.242); 14 (3.321); 15 (3.238).

FAITH IN ONESELF : 1 (2.301); 2 (3.319); 3 (2.301); 4 (2.301); 5 (5.43); 6 (3.318-19); 7 (1.38); 8 (3.376); 9 (3.376); 10 (3.190).

WILL POWER : 1 (5.93); 2 (1.178); 3 (5.47); 4 (5.37); 5 (8.265); 6 (7.44); 7 (3.224); 8 (1.161-62).

FATE OR DESTINY : 1 (2.182); 2 (2.225); 3 (2.403); 4 (2.8); 5 (2.225); 6 (1.461).

CHARACTER : 1 (8.383); 2 (1.208); 3 (1.426); 4 (1.27); 5 (1.29); 6 (7.501); 7 (4.367).

WAY TO SUCCESS

TRUE HAPPINESS : 1 (1.410); 2 (5.419); 3 (1.186); 4 (6.372); 5 (8.414); 6 (2.4-5); 7 (1.146); 8 (4.155).

HEALTH : 1 (7.447); 2 (3.241); 3 (8.435); 4 (7.171-172); 5 (5.489); 6 (5.177); 7 (1.154); 8 (6.133); 9 (8.184).

FOOD : 1 (7.135); 2 (4.4); 3 (5.375); 5 (6.102); 6 (6.460); 7 (5.487); 8 (5.490).

DUTY : 1 (1.38); 2 (1.41); 3 (5.240); 4 (5.240); 5 (1.71); 6 (1.33); 7 (1.40); 8 (1.31); 9 (6.455); 10 (3.245); 11 (1.64); 12 (1.66); 13 (5.91); 14 (5.61); 15 (5.125); 16 (1.106); 17 (6.347); 18 (5.382); 19 (1.71); 20 (2.1); 21 (5.35); 22 (1.41).

EDUCATION : 1 (5.463); 2 (9.546-7); 3 (7.147); 4 (4.490); 5 (5.231); 6 (7.170).

LOVE AND UNSELFISHNESS : 1 (4.367); 2 (4.367); 3 (6.451); 4 (1.67); 5 (5.51); 6 (1.33); 7 (3.143); 8 (5.240); 9 (1.32); 10 (6.294); 11 (3.142); 12 (5.51).

SUCCESS : 1 (5.108); 2 (2.403); 3 (5.240); 4 (6.304); 5 (5.38); 6 (5.84); 7 (5.96-97); 8 (5.104); 9 (7.509); 10 (8.381); 11 (7.21); 12 (6.83); 13 (6.121); 14 (6.302).

TRUE RELIGION : 1 (1.358); 2 (6.244); 3 (5.50); 4 (5.3); 5 (1.325); 6 (1.93); 7 (1.134); 8 (6.127); 9 (5.231).

INDIA : 1 (5.58); 2 (4.371-372); 3 (5.65); 4 (7.500); 5 (6.357); 6 (3.190); 7 (3.225-26); 8 (3.226); 9 (5.29).

EDUCATING THE WOMEN AND MASSES : 1 (6.489-90); 2 (7.220); 3 (5.229-30); 4 (6.493-94); 5 (5.342); 6 (4.482); 7 (6.325); 8 (5.199); 9 (4.362); 10 (3.193).

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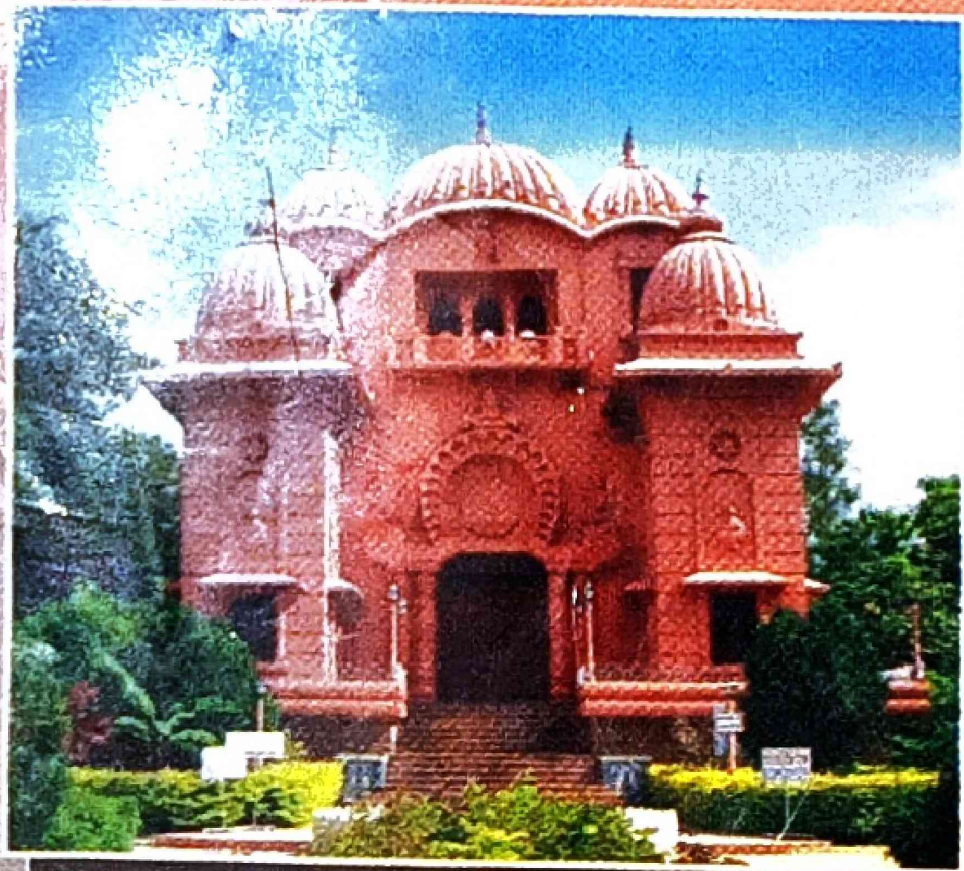
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